



WORKING WELLNESS

Good Health is Good Business

APRIL 2013

is...

Alcohol
Awareness
Month

National
Autism
Awareness
Month

Irritable Bowel
Syndrome
Awareness
Month

National
Donate Life
Month

with...

World Health
Day

National Public
Health Week

IMPORTANT DATES!

- April 2nd – National Employee Benefits Day

Visit: www.bcbs.com/walkatlunch for more information.

- April 24th - National Walk@Lunch Day



Visit: www.ifebp.org/benefitsday for more information.



*Save Time,
Save Money,
Stay Healthy
with the
Florida Blue App*

**Body Zone South
Fitness Center**
2 Week Free Gym
Membership
(\$99.49 value.)



To print coupon:

<http://keywestchamber.org/boulvardcoupons/blvdcoupondownloads/bodyzonecoupon.jpg>



CORNER

Have you paid full price for a prescription and want to get reimbursed? Well, visit Envision's website and get the "Direct Member Reimbursement" form.



Resource Tools

Lates

Preferred Drug List

Pharmacy Locator

Direct Member Reimbursement

Health & Drug

Specialty Drugs

Call Center

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at

www.healthfinder.gov/nho

Call Toll-free: 1-800-361-4542

or

Visit their website at www.envisionrx.com

SPOTLIGHT OF THE MONTH: Wellness Website

ALCOHOL AWARENESS MONTH

Below is the link to the National Institute on alcohol abuse and alcoholism website. It has information about how the disease of alcoholism can effect you and how it can be treated.

<http://www.niaaa.nih.gov/>



Alcohol Awareness Month is an opportunity to raise awareness of alcohol abuse and encourage people to make healthy, safe choices.



If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

SPOTLIGHT OF THE MONTH: EAP Webinar

Horizon Health knows that your busy, that's why they are available anytime, day or night. If you are interested in any of these upcoming Webinars please visit the website listed below. You can also visit the website for information, tools, and resources to help you overcome life's obstacles.

Just need to
talk?
Give them a
call @ 1-800-
272-7252

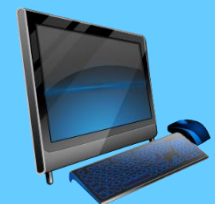


April 4 – The many faces of loss:
Healing through grief

April 11 – Good Humor = Good Health
and more

April 17 – Stress: Do this, not that

April 24 – Stop to smell the roses:
Finding joy in life



Register at: www.mylifevalues.com

Login: MCBOCC
Password: MCBOCC

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



A reminder from the Workers Comp Specialist, *Don't Wait!*

The importance of filling out a completed Medical and Non-Medical Notice of Injury (NOI) in a timely manner:

- You will avoid causing further injury
- You will avoid an unnecessary ER visit
- Your time may expire on treatment availability

**** When an incident occurs whether injured at the time or not, a First Report of Injury or Illness must be completed and sent to the Workers Comp Office.**



Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

NEAR MISS REPORTING

Near Miss Reporting is identifying and preventing an unsafe act or unsafe condition *before* it causes an injury or illness. In nearly every workplace incident involving a serious injury or fatality, several, and in some cases hundreds, of near miss incidents occurred prior to the injury. Reporting incidents where something "almost" happens is as important as reporting accidents and injuries after they occur.

The theory is that if incidents of near misses are reported timely and investigated thoroughly, we can seriously reduce our exposure to hazards and our accident rates by eliminating the hazard *prior* to an accident.

In Monroe County, you can report near miss and hazardous conditions by completing the Near Miss/ Hazard Report form (SAF-2) found in County Forms under Safety. The reports may be sent anonymously directly to the Safety Office or channeled through supervisory and management staff. The Safety Office receives all such reports and follows up with suggested corrective action plans to help ensure their attention and completion.

Remember: " Reporting a Near Thing can Prevent the Real Thing"